



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

LAKE FOREST SENIOR ADVISORY BOARD

The City of Lake Forest Parks & Recreation Commission is looking for candidates who are interested and passionate about future senior programs and senior center.

Three seats will become available to serve on the Senior Advisory Board (term begins January 2015).

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission.

The board consists of five members and will act in an advisory capacity.

Meetings are held during the day six times per year at City Hall. Each Board member's term limit is two years.

Qualifications for the Senior Advisory Board

- Lake Forest resident
- 50 years of age or older

Applications will be available on Monday, September 29 on the City's website at www.lakeforestca.gov/seniors and the Senior Scene Clubhouse located at 25550 Commercentre Drive.

All applicants must submit an application no later than Friday, October 31 by 5:00 PM.

The Parks & Recreation Commission will conduct interviews on Thursday, November 20, at 7:00 PM.

Get Involved! Get On Board!

Oct/Nov/Dec 14

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Happening?

SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

October

Lake Forest Residents:
Wed, Oct 1, 12:00 PM

Non-Residents:
Thurs, Oct 2

November

Lake Forest Residents:
Wed, Nov 5, 12:00 PM

Non-Residents:
Thurs, Nov 6

December

Lake Forest Residents:
Wed, Dec 3, 12:00 PM

Non-Residents:
Thurs, Dec 4

OCTOBER MINI EXCURSIONS



Old World Village • Huntington Beach
Wednesday, Oct 15 • 10:00 AM–2:00 PM
Fee: Free

Nothing like hearing Oom-pah-pah music to get you in the mood for Oktoberfest and no better way than to go to Old World Village. Old World Village, modeled after a Bavarian village, is a unique shopping experience including a European market and a German deli, not to mention clothing and arts & crafts stores. Lunch is on your own or bring your lunch. (Lunch ranges from \$5-14.)

**The Ecology Center
& Shopping •**
San Juan Capistrano
Tuesday, Oct 28
10:00 AM–2:00 PM
Fee: \$7.00 per person
**(docent-led tour/
pay at registration)**



The Ecology Center is an ecological gem located in a historic building formerly owned by one of the pony express riders. The director creates great programs and events to help provide inspiration to lead a more ecological, green lifestyle. The tour will include the home and gardens. Afterwards, enjoy shopping in San Juan Capistrano and lunch on your own.

NOVEMBER MINI EXCURSIONS

Pacific Marine Mammal Center • Laguna Beach
Wednesday, Nov 12
10:00 AM–2:00 PM
Fee: \$8.00 (docent-led tour/pay at registration)

The center rescues and rehabilitates marine mammals due to injury or illness and releases them back into their natural habitat. Tour the animal care facility, attend a class room presentation, and view the patients as well.



Lake Forest Sports Park & Recreation Center • Lake Forest
Wednesday, Nov 26
10:30 AM–2:00 PM
Fee: Free (staff-led tour)

Our new 86-acre Sports Park is one of the largest in Orange County. Staff will lead a tour of the 27,000 sq. ft. recreation center/ gymnasium along with sports fields, concession buildings, picnic structures, tot lot/playground, and more. We are so proud of our new Sports Park and Recreation Center...it's something to see!

DECEMBER MINI EXCURSIONS



Towne Center • Lake Forest • Tuesday, Dec 9
10:00 AM–2:00 PM
Fee: Free

First stop...Target! Second stop...Walmart! Third stop... Hobby Lobby, and last but not least...lunch at the Food Court or bring your own!



Downtown Disney • Anaheim
Wednesday, Dec 17 • 10:00 AM–2:00 PM
Fee: Free

This will get you in the holiday spirit as you stroll along the "Disney" holiday-decorated shops and restaurants. The Downtown Disney District offers something for all ages. Shop a little or a lot... take a load off your feet and enjoy lunch (or bring your own) at one of the many restaurants.

SEMINARS

Oct/Nov/Dec 2014

4

Senior Scene

October

Neighborhood Care Foundation (NCF)

**Thursday, Oct 23
11:15 AM**

NCF is a non-profit organization offering care coordination service to seniors and those who are permanently disabled regardless of their income, insurance or health condition.

Services vary from residential placement, financial assistance and more.

November

**Why Do I Always
Feel Tired?**

**Thursday., Nov 13
11:15 AM**

Well now that's the million dollar question! There are common causes of fatigue in seniors and ways to combat them.

A representative from Hoag Medical Group will discuss sleep hygiene/insomnia, depression, dementia, nutrition, and exercise.

December

No seminar is scheduled in December due to planned activities and holiday closures.



CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month (i.e. for October call October 6, November call November 3, and December call December 1).

Crafts may change due to availability of supplies.

HARVEST PICTURE FRAME

**Tuesday, October 21 •
10:30 AM**

We will provide a 4x6" picture frame to decorate in fall colors: reds, golds, and greens along with some foliage! You can either put a picture in your frame or make a "stamped" message to insert in the frame.



FABRIC WREATH

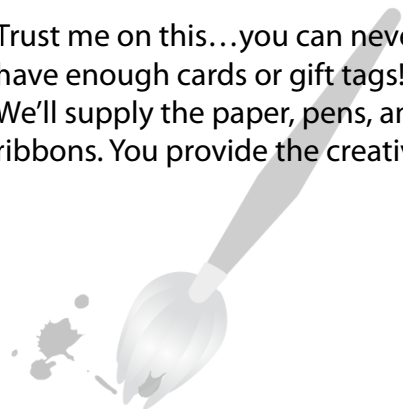
Tuesday, November 18 • 10:30 AM

Holiday ribbons will be provided to make this one-of-a-kind wreath for your door. Keep it for yourself or use it as a great gift!

CARDS/GIFT TAGS

**Tuesday, December 16 •
10:30 AM**

Trust me on this...you can never have enough cards or gift tags! We'll supply the paper, pens, and ribbons. You provide the creativity!



CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM–12:30 PM

Oct 1 • Nov 5 • Dec 3

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.

BAGELS & BINGO

Tue • 10:30 AM

Oct 7 • Nov 4 • Dec 2

SCRABBLE GAMES

Wed • 10:30 AM

Oct 15 • Nov 19 • Dec 17

CELL PHONES 101

Tue • 12:00-2:00 PM

Oct 21 • Nov 18 • Dec 16

Cell phone technology! Just when you learn how to use your cell phone you get an upgrade. If you need assistance, drop by the Senior Clubhouse and Jose from Monarch HealthCare will show you "one-on-one" how to master your phone.



GEEK/NERD DAY

Thu, Oct 30

Celebrate your inner Geek and embrace all things Nerdy! Today it's called "Geek Chic!" How to dress like a geek...pocket protectors, tape on the nose bridge of your glasses, plaids and stripes together, bowties, crazy suspenders and non-matching clothing. Hey...Wait! This sounds like something I wear now!

PING PONG

Tue • 11:00 AM–1:00 PM

Oct 14 • Nov 18 • Dec 9

Dust off your paddles and join us for a friendly game of Ping Pong! It's great exercise, too!

BINGO MANIA

Mon • 11:00 AM

Oct 20 • Nov 17 • Dec 15

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Oct 28 • Nov 25 • Dec 30

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Oct 30 • Nov 20 • Dec 18

HOT CHOCOLATE & MARSHMALLOWS

Mondays • 12:00 PM

As the weather starts cooling down, staff will heat up some hot chocolate and marshmallows.

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM–2:00 PM

Every Monday and Wednesday.

COUPON SWAP

Drop off and pick up coupons.

DROP-IN COMPUTER LAB

Mon/Tue/Thu 10:00 AM-2:00 PM

Wed 11:00 AM-2:00 PM

Availability limited at times due to training and computer classes. No instructor is on site.

BINGO: NEW YEAR'S EVE CELEBRATION

Wed, Dec 31 •

10:30 AM–1:30 PM

Don't miss out on the BINGO "New Year's Eve" celebration! Prizes, special snacks, noise makers and some bubbly...that would be sparkling cider!

CH
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LFBTC
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949.837.6100

LFGPC
Lake Forest Golf & Practice Center
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949.859.1455

FL
Forest Lanes
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949.770.0055

SDCCC
Santiago de Compostela
Community Center
21682 Lake Forest Dr.
949.951.8599

S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

OCT

Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.

<p>5</p>	<p>6</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>7</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>12</p>	<p>13</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>14</p> <p>9:00 AM Excursion – L.A. Police Museum and Old Pasadena 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>19</p>	<p>20</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>21</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Harvest Picture Frame 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>26</p>	<p>27</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>28</p> <p>10:00 AM Mini Excursion – The Ecology Center & Shopping 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
<div>1</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>2</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Oktoberfest </div>	<div>3</div> <div> FRI 1:00 PM Bowling League (FL) <hr/> SAT <div>4</div> </div>
<div>8</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Non-Stop (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>9</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Mexican Madness </div>	<div>10</div> <div> FRI 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust (CC-A&B) City Hall Closed <hr/> SAT <div>11</div> 4:00 PM Autumn Harvest Festival @ Heritage Hill Park </div>
<div>15</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Old World Village 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>16</div> <div> 9:30 AM Book Discussion – Sycamore Row (CC-El Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast </div>	<div>17</div> <div> FRI 1:00 PM Bowling League (FL) <hr/> SAT <div>18</div> </div>
<div>22</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Draft Day (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>23</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Neighborhood Care Foundation (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast </div>	<div>24</div> <div> FRI 1:00 PM Bowling League (FL) 4:00 PM Freaky Friday Masquerade Party (reservations required) City Hall Closed <hr/> SAT <div>25</div> </div>
<div>29</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>30</div> <div> GEEK/NERD DAY 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chicken Sandwiches </div>	<div>31</div> <div> FRI 1:00 PM Bowling League (FL) 5:00 PM Senior Advisory Board Application Deadline <hr/> SAT <div>NOV 1</div> 12:00- 4:00 PM GRAND OPENING Lake Forest Sports Park and Recreation Center </div>

LEGEND

CH
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IVC
Irvine Valley College
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SUN	MON	TUE
2  DAYLIGHT SAVINGS TIME ENDS Set your clocks back one hour	3 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A) Cold Box Lunch	4 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
9	10 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A) Cold Box Lunch	11  VETERANS' DAY City Hall and Clubhouse Closed
16	17 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A) Cold Box Lunch	18 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Fabric Wreath 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
23	24 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A) Cold Box Lunch	25 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
30		

WED	THU	FRI / SAT
<div>5</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Free Vaccinations (AR) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) </div> <div>Cold Box Lunch</div>	<div>6</div> <div> VETERANS' DAY CELEBRATION 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Veterans' Day Celebration Ceremony 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Meatloaf and Potatoes</div>	<div>7</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed </div> <div>SAT 8</div>
<div>12</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 10:30 AM Mini Excursion – Pacific Marine Mammal Center 10:45 AM Movie Day – The Single Mom's Club (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) </div> <div>Cold Box Lunch</div>	<div>13</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Why Do I Always Feel Tired? (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Chinese Feast</div>	<div>14</div> <div> FRI 1:00 PM Bowling League (FL) </div> <div>SAT 15</div>
<div>19</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 9:30 AM Excursion – Pechanga Casino 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Scrabble (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) </div> <div>Cold Box Lunch</div>	<div>20</div> <div> 9:30 AM Book Discussion – The Eternal Wonder (CC-El Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) 7:00 PM Parks & Recreation Commission Meeting (Senior Advisory Board Interviews) Tom & Tina Turkey (reservations required) </div>	<div>21</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed </div> <div>SAT 22</div>
<div>26</div> <div> 10:00 AM Mahjong (CC-A) 10:30 AM Mini Excursion – Lake Forest Sports Park and Recreation Center 10:45 AM Movie Day – Heaven is for Real (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div>Cold Box Lunch</div>	<div>27</div> <div> HAPPY THANKSGIVING City Hall and Clubhouse Closed </div> <div>  </div>	<div>28</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed </div> <div>SAT 29</div>

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NOV

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<p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.</p>	<p>1</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>2</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>7</p>	<p>8</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>9</p> <p>10:00 AM Mini Excursion – A Day at Towne Center 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>2:45 PM Excursion – Last Man Standing Taping</p> <p>Cold Box Lunch</p>
<p>14</p>	<p>15</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>16</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Cards/GiftTags 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Cell Phones 101 (CC-A)</p> <p>Cold Box Lunch</p>
<p>21</p> <p>FIRST DAY OF WINTER</p> 	<p>22</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>23</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>28</p>	<p>29</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate & Marshmallows Mondays (CC-A)</p> <p>Cold Box Lunch</p>	<p>30</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
3 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) Cold Box Lunch	4 11:30 AM Emeritus Class Enrollment (AR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) Chili	FRI 5 8:00 AM Mammograms (CC-B) 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 6
10 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Other Woman (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	11 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Soundsation and Choralistics Chinese Feast	FRI 12 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust (CC-A&B) <hr/> SAT 13
17 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Downtown Disney 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Blended (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	18 9:30 AM Book Discussion – The Lighthouse between Oceans (CC-El Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:00 AM White Elephant Exchange 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Charles Dickens Carolers (CC-A&B) Hams and Yams (reservations required)	FRI 19 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 20
24 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	25 MERRY CHRISTMAS  City Hall and Clubhouse Closed	FRI 26 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 27
31 NEW YEAR'S EVE CELEBRATION 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo: New Year's Eve Celebration (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	JAN 1 HAPPY NEW YEAR 6:00 AM Excursion – Rose Parade City Hall and Clubhouse Closed 	<div>DEC</div>

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

Oct/Nov/Dec 2014

12

Senior Scene

FREAKY FRIDAY MASQUERADE PARTY

Friday, Oct 24 • 4:00–7:00 PM

**Fee: \$10.00 per person • Reservations
required • no phone reservations**

You'll have a seriously good time as you come dressed up in something "freaky," "funny" or "fabulous." We'll dance to some "spooky tunes" like the Transylvania Twist and Old Black Magic. Games will be played at the bewitching hour, a catered "batlicious" dinner will be served. Come "dressed up" and you'll receive 2 additional opportunity tickets!

EMERITUS CLASS ENROLLMENT

**Thursday, Dec 4 • Activities Room
11:30 AM–1:00 PM**

A rep from Irvine Valley College will be on-site so you can register at the Senior Scene Clubhouse. No appointment needed – just drop in to sign up!

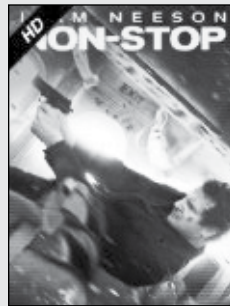
MEDICARE OPEN ENROLLMENT

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. Enrollment starts on Wednesday, Oct 15 and ends Sunday, Dec 7, 2014. For additional information, visit the official Medicare website at www.medicare.gov or call 461-3408 and make an appointment with a HICAP counselor.

GOT SNIPPET?

What's a Snippet? It's a monthly email "reminder" of Senior Scene Clubhouse upcoming events, activities, and excursions. To receive a "snippet, send your email address to mnorment@lakeforestca.gov.

October



Non-Stop

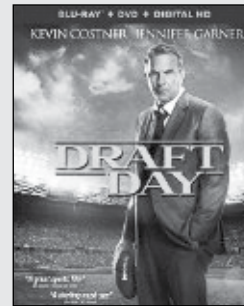
(PG-13) • Oct 8

Movie Length: 1:47

During a transatlantic flight from New York City to London, U.S. Air Marshal Bill Marks (Liam Neeson) receives a series of cryptic text messages demanding that he instruct the airline to transfer \$150 million into an off-shore account.

Until he secures the money, a passenger on his flight will be killed every 20 minutes.

Surrounded by only a couple of people he initially believes are trustworthy, the resourceful air marshal must use every nuance of his training to uncover the killer traveling on board the aircraft.



Draft Day

(PG-13) • Oct 22

Movie Length: 1:49

On the day of the NFL Draft, general manager Sonny Weaver (Kevin Costner) has the opportunity to save football in Cleveland when he trades for the number one pick.

He must quickly decide what he's willing to sacrifice in pursuit of perfection as the lines between his personal and professional life become blurred on a life-changing day for a few hundred young men with dreams of playing in the NFL.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

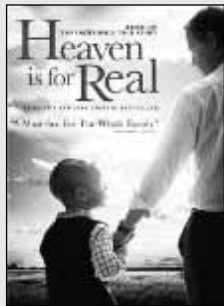
November



The Single Mom's Club

(PG-13) • Nov 12
Movie Length: 1:50

Five single mothers from very different walks of life whose children – thanks to a generous scholarship program – all attend an exclusive prep school called West Merryville. The mothers range from career woman to fast food worker, but they find themselves united: each of their children has been caught for some type of infraction. With their children's expulsion hanging in the balance, the five mothers agree to the Principal's "assignment" for them to organize West Merryville's upcoming fundraiser and school dance.



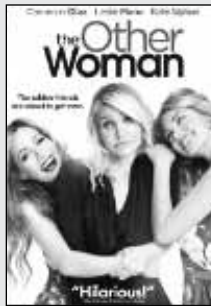
Heaven is for Real

(PG) • Nov 26
Movie Length: 1:40

When Colton Burpo was four years old, his appendix ruptured and he nearly died. On the operating table he experienced what he describes as Heaven. Not only did he go there, he met his great grandfather as well as an unnamed sister lost to miscarriage.

According to Colton's father, Minister Todd Burpo (Greg Kinnear), who eventually wrote a book about the boy's experience stating that Colton couldn't have possibly known about these things.

December



The Other Woman

(PG-13) • Dec 10
Movie Length: 1:49

After discovering her boyfriend is married, a woman (Cameron Diaz) tries to get her ruined life back on track.

But when she accidentally meets the wife he's been cheating on (Leslie Mann), she realizes they have much in common, and her sworn enemy becomes her greatest friend.

When yet another affair is discovered (Kate Upton), all three women team up to plot mutual revenge on their cheating, lying, three-timing not so wonderful man.



Blended

(PG-13) • Dec 17
Movie Length 1:57

After a disastrous blind date, single parents Lauren and Jim agree on only one thing: they never want to see each other again.

But when they each sign up separately for a fabulous family vacation with their kids, they are all stuck sharing a suite at a luxurious African safari resort for a week.

Blended is the third comedy collaboration between stars Adam Sandler and Drew Barrymore.

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM-2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. Cost is \$1.00 one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – Cost is \$2.50 one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – Cost is \$5.00 one way.

I have to an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – Cost is \$7.00 one way.

*** Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

For additional transportation options, call OCTA at 1-800-636-7433.

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Drive, Second Floor.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

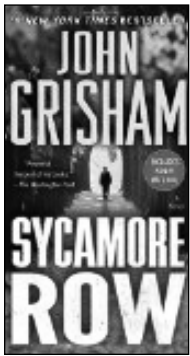
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • NEW TIME: 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

October



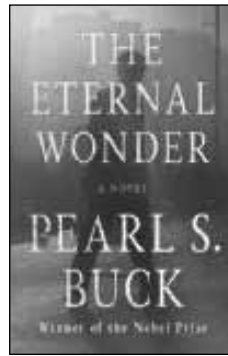
October 16 **Sycamore Row** by John Grisham

One of the most popular novels of our time, *A Time to Kill* established John Grisham as the master of the legal thriller.

Now we return to Ford County as Jake Brigance finds himself embroiled in a fiercely controversial trial that exposes a tortured history of racial tension. Seth Hubbard is a wealthy man dying of lung cancer. He trusts no one.

Hubbard leaves a new, handwritten will. It is an act that drags his adult children, his maid, and Jake into a conflict as riveting and dramatic as the murder trial that made Brigance one of Ford County's most notorious citizens.

November



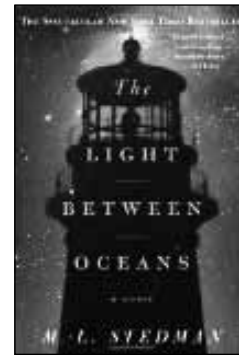
November 20 **The Eternal Wonder** by Pearl S. Buck

Rann falls for the beautiful and equally brilliant Stephanie Kung, who lives in Paris with her Chinese father and has not seen her American mother since she abandoned the family when Stephanie was six years old.

Rann feels plagued by her father's voracious intellectual curiosity and strives to integrate his life of the mind with his experience in the world.

Stephanie struggles to reconcile the Chinese part of herself with her American and French selves. Separated for long periods of time, their final reunion with her mother leads to a conclusion Rann could never have imagined.

December



December 18 **The Lighthouse between Oceans** by M.L. Stedman

Tom, a stoic, fiercely principled man, recently returned from serving in World War I, marries Isabel, who desperately wants to be a mother. After settling on a remote island off Western Australia, Tom and Isabel suffer through two miscarriages and a stillbirth.

She has just buried their child when another baby literally washes up on their shore, accompanied by her lifeless father. Isabel wants to keep the infant as their own, but Tom, the island's lighthouse keeper, is hesitant and with good reason.



City of Lake Forest Senior Scene
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LAKE FOREST SENIOR PROGRAMS

**WE'RE HAVIN' SOME KIND
OF FUN AT THE CLUBHOUSE!**

**Bradford House
Mini Excursion!**



**Suddenly I woke
up and I was at the
Clubhouse!**



**Who needs paper
when you can write
on a plate?**